

PART II

Recipes

RECIPE INFORMATION

Yield

The recipes in this book produce servings for 50 people unless otherwise stated. Factors that may affect yield include portioning, ingredient weighing error, mistakes in calculating increased or decreased quantities, abnormal handling loss, and variation in the edible portion (EP) and as purchased (AP) factors for food products such as fresh produce and meats.

A standard counter pan 12 × 20 inches has been indicated for many recipes. For baked desserts and some bread products, either a 12 × 18-inch or 18 × 26-inch pan is specified, as they are standard bakeware sizes. Weight of product per pan may need to be changed if pans other than those specified in the recipe are used. Care should be taken to scale products so that portion weight will be accurate and recipe yield remains correct. Tables 1.21 and 1.22 give capacities of baking and counter pans.

The number of servings per pan will depend on the portion size desired. Many standard-sized baking or counter pans will yield from 24 to 32 servings per pan, and where these size pans are indicated, the recipes generally are calculated for 48 or 64 servings. Yield adjustments may be made by cutting the servings into sizes that will yield the desired number of portions. Portion size is included in each recipe, and the yield is given in number of portions, volume produced, and/or number of pans. Some foodservices may wish to adjust the yield based on the clientele to be served.

Ingredients

In most cases, the type of ingredient used in testing the recipes has been specified, for example, granulated, brown, or powdered sugar; and all-purpose or cake flour. High-ratio and/or hydrogenated shortenings were used in cake and pastry recipes; margarine or butter in cookies, some quick breads, and most sauce recipes. Solid fats such as margarine, butter, and hydrogenated fats were used interchangeably in recipes that specify "shortening." Corn, soybean, or cottonseed oil was used in recipes that specify salad or vegetable oil. Sodium aluminum sulfate–type baking powder (double acting) and active dry yeast were used for leavening.

Fresh eggs, large size, weighing approximately 2 ounces unshelled (1¾ oz shelled) were used in the preparation of the recipes. Eggs are specified by both number and weight. In many foodservices, frozen eggs are used, in which case the eggs are weighed or measured. If the eggs are to be measured, the number and weight may easily be converted to volume by referring to Table 1.3.

Nonfat dry milk is indicated in some recipes, but in those specifying fluid milk, dry milk may be substituted. Table 1.24 gives a formula for conversion. In most cases, it is not necessary to rehydrate the dry milk, since it is mixed with other dry ingredients, and water is added in place of the fluid milk. The amount of fat in the recipe may need to be increased slightly.

Nutritional values are identified for most *Food for Fifty* recipes. Unless stated otherwise, values are for the portion listed at the top of each recipe. Percent Daily Values (%DV) are based on a 2000 calorie diet. Individuals' daily values may be higher or lower depending on calorie need. FDA guidelines for Recommended Daily Intakes (RDIs) and the Daily Reference Values (DRVs) follow.

Recommended Daily Intakes (RDIs)

Vitamin A	5000 IU
Vitamin C	60 mg
Thiamin	1.5 mg
Riboflavin	1.7 mg
Niacin	20 mg
Calcium	1 g
Iron	18 mg
Vitamin D	400 IU
Vitamin E	30 IU
Vitamin B	2 mg
Folic acid	0.4 mg
Vitamin B12	6 microg
Phosphorous	1 g
Iodine	150 microg
Magnesium	400 mg
Zinc	15 mg
Copper	2 mg
Biotin	0.3 mg
Panthothenic acid	10 mg

Daily Reference Values (DRVs) based on a 2000 calorie diet

Fat	65 g
Saturated Fat	20 g
Cholesterol	300 mg
Total Carbohydrates	300 g
Fiber	25 g
Potassium	3500 mg
Protein	50 g
Sodium	2400 mg

Nutrient values for *Food for Fifty* recipes are approximate and are intended to be used as general guidelines. Values identified for recipes may vary from actual values if substitute ingredients are used. Differences may occur also if ingredient amounts are adjusted, portion sizes are altered, or production procedures are changed.

Weights and Measures

Quantities of dry ingredients weighing more than 1 ounce are given by weight in ounces (oz) and pounds (lb). Weights are for foods as purchased (AP) unless otherwise stated. Liquid ingredients are indicated by measure: teaspoons (tsp), tablespoons (Tbsp), cups (cups), quarts (qt), and gallons (gal).

Accurate weighing and measuring of ingredients are essential for a satisfactory product. Weighing is more accurate than measuring and is recommended whenever possible, but reliable scales are essential. A table model scale with a 15- to 20-pound capacity and ¼- to ½-ounce graduations (or an electronic digital readout scale with a 15- to 20-pound capacity) is suitable for weighing ingredients for 50 portions.

Standard measuring equipment should be used to ensure accuracy, and measurements should be level. Use the largest appropriate measure to reduce the possibility of error and to save time. For example, use a one-gallon measure once instead of a one-quart measure four times. Flour is the exception: Use measure no larger than one quart for flour.

Cooking Time and Temperature

The cooking time given in each recipe is based on the size of pan and the amount of food in the pan. If a smaller or larger pan is used, an adjustment in cooking time may be necessary. The number of pans placed in the oven at one time also may affect the length of baking time; the larger the number of pans or the colder a product, the longer the cooking time. In convection ovens, the temperature as specified for a conventional oven should be reduced by 25°–50°F and the total bake/roast time by 10 to 15 percent.

Critical Control Points

Monitoring cooking time and food temperature are important steps in the food production process because of their relationship to food contamination and foodborne illness. Time and temperatures are designated as critical control points (CCPs) in all Hazard Analysis Critical Control Point (HACCP) plans. Recipes in this book provide production, service, and storage procedures which can prevent or reduce food safety hazards of potentially hazardous foods. Standards for reducing food safety hazards may be found in Tables 1.18 and 1.19 (p. 45–46). Safe temperatures for cooked foods are shown in Table 1.15 (p. 42). Cooling procedures for hot foods are shown in Table 1.17 (p. 44). Examples of potentially hazardous foods can be found on p. 733. Recipes that contain potentially hazardous foods are identified in the recipe notes.

Abbreviations Used in Recipes

AP	as purchased
EP	edible portion
°F	degrees Fahrenheit
fl oz	fluid ounce
gal	gallon
g	gram
lb	pound
mg	milligram
oz	ounce
psi	pounds per square inch
pt	pint
qt	quart
tsp	teaspoon
Tbsp	tablespoon

Basic Recipes

Food for Fifty recipes are written to provide step-by-step guidelines for producing standard quality products. Many recipes printed in trade and popular magazines can be produced by adapting recipes in *Food for Fifty,* rather than standardizing new recipes. Adapting a *Food for Fifty* recipe may include only changing spices or adding a sauce. Creative presentations may be gleaned from trendy cookbooks and publications and with some modifications applied to the basic recipes in *Food for Fifty.*

CHAPTER 2

Appetizers, Hors d' oeuvres, and Special Event Foods

Appetizers are foods served as a hot or cold first course before a meal and should complement the menu items that follow without duplicating flavors. Seafood cocktail (crab, lobster, oyster, shrimp), chunked fresh fruit cocktail, or soup is often served for an appetizer. *Hors d'oeuvres* may be served before a meal or may be the only food provided. They should be small (one or two bites), flavorful, and attractive. The style of service—whether buffet, served, or a combination of the two—will depend on the event and the expectations of the client or guest. Hors d'oeuvres and appetizers are similar and the terms are often used interchangeably.

Cold hors d'oeuvres may be canapés, crudités, or dips. *Canapés* are tiny sandwiches made by spreading a well-seasoned mixture on a bread or vegetable base. Canapé bases include toasted or untoasted bread slices cut into various shapes, crackers, quick breads, melba toast, tiny biscuits, puff pastry rounds, and small shells made from pastry or savory dough. Vegetable bases may be slices of cucumber, summer squash, or other vegetables that will support the weight of the spread. Spreads are the primary flavor ingredient. Flavorful spreads include mixtures made from flavored butters or cream cheese. A salad mixture made from eggs, fish, cheese, or meat is often used for a canapé spread. All canapés should be artfully garnished. Some canapés are made by holding an attractive garnish in place with a small amount of spread. Making canapés close to serving time will help keep the bases from becoming soggy. *Crudités* are raw or slightly blanched vegetables (p. 467), cut into attractive shapes and artfully displayed and garnished. They are usually served with one or more dips. Presentation is important. Broad flat dishes, baskets, silver trays, and shallow decorative pans may be used for the container. Vegetables are arranged with consideration for shape, color, balance, and overall decorative appeal. *Dips* are accompaniments to chips, crackers, fruits, toasts, or vegetables. They should complement the foods being served with them. Dips may be served in attractive serving bowls or hollowed out vegetables, such as cabbages or squash. Hot dips are often served in chafing pans.

Hot hors d'oeuvres are especially good for late afternoon or evening events when a full meal is not served. Filled pastry or savory dough shells, skewered pieces of meat or vegetables, and chicken wings or small meatballs are popular hot hors d'oeuvres. Hot and cold hors d'oeuvres are usually served at the same event.

Table 2.1 is a general guideline for quantities of appetizers or hors d'oeuvres needed to serve 50 people. Table 2.2 suggests the number of appetizers or hors d'oeuvres needed per person during a reception or pre-dinner cocktail hour. Entree and vegetable tray guidelines may be found in Table 2.3. The characteristics of the group being served, time of day, type and duration of event, and number of different items offered may require increasing or decreasing the amount of food recommended. Historical data from similar events will be useful in planning food quantities. Table 2.4 suggests names for hors d'oeuvres and appetizers.

TABLE 2.1 Suggestions for appetizers

Food item	*Guide to serving quantities for 50*
BEVERAGES	
Punch	2–2½ gal, recipes pp. 92–102
Wine	See Tables 17.1 and 17.2, pp. 714–716
CANAPÉ SPREADS AND FILLINGS	
Chicken salad spread	Recipe p. 536, prepare ¼ recipe
Ham salad spread	Recipe p. 536, prepare ¼ recipe
Tuna salad spread	Recipe p. 537, prepare ¼ recipe
Miniature puffs	Recipe p. 257, prepare ½ recipe
COCKTAILS	
Broiled grapefruit	25 fruit
Fruit cup	10 lb
Melon balls or cubes	10 lb
Punch	2 gal, recipes pp. 92–102
Shrimp cocktail	Recipe for sauce p. 575
DIPS	
Artichoke, hot	Recipe p. 77
Artichoke and crab, hot	Recipe p. 77
Basic, and variations	Recipe p. 78
Garden dressing (dip)	Recipe p. 518
Guacamole	Recipe p. 78, 80
Layered Mexican	Recipe p. 79
Nacho	Recipe p. 80
Salsa	Recipe p. 568
Summer fruit	Recipe p. 79
Vegetable	Recipe p. 529
Yogurt	Recipes p. 528
HORS D'OEUVRES	
Apple and cheese wedges	1½ lb cheese, 8 apples, cut in wedges
Carrot curls	3–4 lb
Celery sticks	3–4 lb
Cheese ball, party, with crackers	Recipe p. 81; 125–150 crackers
Cheese balls, hot	Recipe p. 282, prepare ½ recipe, use No. 40 dipper
Cheese cubes	5 lb
Cheese olive puffs	Recipe p. 82
Cherry tomatoes	2 lb
Chicken wings	Recipe p. 83
Chips	5 lb
Cocktail sausages	3–5 lb
Crudités	12–15 lb assorted vegetables pp. 76
Deviled eggs	Recipe p. 281, prepare ½ recipe
Fruit chunks	8 lb
Marinated mushrooms	Recipe p. 480
Meatballs in barbecue sauce	Recipe p. 333, prepare ⅓ recipe, use No. 70 dipper
Mixed nuts	1–1½ lb
Party mix	3 lb
Pinwheels	Recipe p. 85
Quesadillas	Recipe p. 550
Sausage balls	100, recipe p. 82
Shrimp	Recipe p. 84
Caribbean shrimp	Recipe p. 306
Vegetable relishes	See p. 76 for ideas
Whole shrimp, with cocktail sauce	3–5 lb shrimp, recipe for sauce p. 575, prepare ½ recipe

TABLE 2.1 *continued*

Food item	*Guide to serving quantities for 50*
SOUPS	
Bouillon	Recipe p. 600, prepare ½ recipe for 4-oz portion
French onion	Recipe p. 615, prepare ½ recipe for 4-oz portion
Gazpacho	Recipe p. 626
Vichyssoise	Recipe p. 627, prepare ½ recipe for 4-oz portion
OTHER FINGER FOODS	
Cheese ball and crackers	4 lb cheese, 40 oz crackers
Cheese block and crackers	4 lb cheese, 40 oz crackers
Fresh fruit platter	8–10 lb fruit
Fresh vegetables and dip	8–10 lb vegetables, 1 qt dip
Nut bread tea sandwiches	50–75 sandwiches
Tea sandwiches	40–60 tuna, ham, or chicken salad sandwiches
Petite rolls and cold cuts	40–60 petite rolls served with 5 lb of assorted cold cuts and 2–3 lb of cheese slices

Notes

- The quantity of appetizers needed for 50 portions will depend on the group being served, the type of function, and the number of different items offered. If food items are served in combination with other foods, adjust the amounts to yield the approximate total weight or total number recommended. Example: Carrot curls, in combination with celery sticks, require a total weight of 3–4 lb.
- Preparing appetizers for an attractive buffet requires careful planning. Choosing foods that need last-minute preparation, along with those that can be produced in advance, is suggested. Following are useful guidelines for production planning:

  Canapés, spreads, and fillings: Highly perishable fillings should be made shortly before serving.

  Cocktails: Prepare fruit a day in advance. Cook and chill shrimp a day in advance. Make and chill beverages 1 to 3 days in advance. *Dips:* Prepare and chill 1 to 3 days in advance. Store in glass or other inert-material container.

  Hors d'oeuvres: Prepare vegetable relishes a day in advance; store in cold water. To freshen, cover with ice for 30 minutes before serving. Marinate vegetables a day in advance. Prepare cheese balls 1 to 5 days in advance; cover tightly. Cut cheese cubes no more than a day in advance; cover tightly.

  Soups: Prepare cold soups 1 to 2 days in advance, hot soups soon before serving.

TABLE 2.2 Number of hors d'oeuvres and appetizers to prepare per person

	½ Hour		*1 Hour*		*2–3 Hours*	
	Hot	*Cold*	*Hot*	*Cold*	*Hot*	*Cold*
Men only	6	4	8	6	10	8
Women only	3	2	5	4	6	5

Notes

- When serving shrimp, prepare five pieces per ½ hour per person for cold shrimp and four pieces per ½ hour per person for hot shrimp.
- If a dinner will follow, reduce by one-third the amount of appetizers suggested.

TABLE 2.3 Entree party trays

Meat and cheese trays (approximate amount to serve 50)

Meat (shaved or thinly sliced)	*Cheese (thinly sliced)*	*Bread (thinly sliced bread or buns)*	*Spreads/other*
Choose 10 lb (total):	Choose 3 lb (total):	Choose 125 small slices or 75 buns:	Use suggested amount:
Cold cuts	American	Small buns	Margarine or butter, softened, 1 lb
Corned beef	Cheddar	Sliced bread	Mayonnaise or salad dressing, 1½ cups
Roast beef	Edam	Pumpernickel	Prepared mustard, 1 cup
Ham	Gouda	Rye	Horseradish, 1 cup
Pastrami	Monterey Jack	White	Leaf lettuce, 3 lb
Turkey	Muenster	Whole wheat	Alfalfa sprouts, 1 lb
	Provolone		Tomatoes, sliced, 7 lb
	Swiss		Onions, sliced, 2 lb
	See p.269 for additional cheeses		

Vegetable trays and dips (approximate amount to serve 50; see Notes)

Vegetables	*Relishes*	*Dips*
Choose 5 lb (total):	Choose 3 lb (total):	Choose 1–1½ qt (total):
Asparagus spears	Black or green olives	Hot artichoke
Broccoli florets	Dill spears	Blue cheese
Baby carrots	Pickled beets	Creamy herb
Carrot sticks or slices	Pickled eggs	Creamy onion
Cauliflower florets	Pickled vegetables	Dill
Celery sticks	Sweet pickles	Garden (prepare ½ recipe)
Cherry tomatoes	Garnishes (p. 723)	Italian
Cucumber spears or circles	Chives	Picante
Green beans	Flowers	Seafood
Green onions	Herbs	Summer fruit
Jicama	Scallions	Yogurt
Kohlrabi		
Mushrooms		
Pea pods		
Radish roses		
Red, green, or yellow bell peppers		
Zucchini spears		

Notes

- Meat and cheese may be rolled, folded, or stacked and garnished with leaf lettuce, parsley, and colorful vegetables. Vegetables look appealing when cut in creative shapes and garnished with crisp greens.
- Arranging food neatly so the tray will remain attractive is important. Including larger quantities of more-popular items will make food trays appear well supplied throughout the serving period. Color and flavor combinations also should be considerations for determining placement of food items.
- Crudité trays may require two or three times the amount of vegetables for an attractive display to be arranged and garnished.
- Blanching asparagus, broccoli, cauliflower, and green beans heightens their flavor and appearance (p. 467).

TABLE 2.4 Name suggestions for hors d'oeuvres and appetizers

Cheese

- Assorted domestic cheese and crackers
- Assorted imported cheese and crackers
- Cheese ball with crackers
- Cheese block and crackers
- Nacho dip and tortilla chips

Fruit

- Fresh fruit platter
- Fresh fruit platter with domestic or imported cheese
- Fresh berries and dip
- Carved melon basket with summer fruits
- Imported cheese and fruit tray with sweet crackers and hot fudge dip
- Fresh seasonal melon

Seafood

- Shrimp peel with cocktail sauce
- Iced peeled shrimp
- Hot spiced shrimp peel
- Smoked salmon with lavosh cracker bread
- Whole poached salmon

Vegetables

- Assorted fresh vegetables and dip
- Fresh raw vegetable tray with dip
- Open-faced vegetable canapés
- Belgian endive with herbed cheese

Meat/Poultry

- Chicken tenders with sauce
- Prosciutto-wrapped melon
- Sliced meat and cheese tray
- Roast tenderloin of beef and cocktail rolls
- Mini puffs with white chicken salad
- Assorted decorated canapés
- Stuffed pita pockets

Note • *Food for Fifty* recipes will provide guidelines for making hors d'oeuvres and appetizer suggestions.

APPETIZER RECIPES

HOT ARTICHOKE DIP

Yield: 50 portions *Portion:* 1½ oz
Oven: 350°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Artichoke hearts, canned	2 lb 10 oz	Drain and chop artichoke hearts.
Garlic clove, mashed Mayonnaise Worcestershire sauce Parmesan cheese, grated Pepper, white	3 cloves 2 cups 1½ tsp 3 cups ¼ tsp	Stir remaining ingredients into artichoke hearts.
		Pour into 2 one-quart ovenproof bowls or pans. Bake at 350°F until mixture reaches 165°F (20–25 minutes). Serve warm (above 140°F) with chips or crackers.

Approximate nutritive values per portion — **Calories** 92

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	11%	**Cholest.** 4 mg	1%	**Total Carb.** 5 g	2%	**Vitamin A**	1%	**Calcium**	1%
Sat. Fat 1 g	4%	**Sodium** 148 mg	6%	Fiber 1 g	5%	**Vitamin C**	4%	**Iron**	2%
Protein 2 g				Sugars 0.3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

Variation • **Hot Crab and Artichoke Dip.** Add 1 lb chopped crabmeat before baking.

BASIC DIP

Yield: 50 portions

Ingredient	*Amount*	*Procedure*
Cream cheese	8 oz	Mix cream cheese until softened, using flat beater.
Sour cream	1 lb 8 oz	Add sour cream. Mix until smooth. Add ingredients for variations from following chart. Mix until evenly distributed. Chill quickly (within 4 hours) to below 41°F.

Note • Dip may be thinned by adding a small quantity of buttermilk or milk.

BASIC DIP VARIATIONS

Variation	*Ingredients added to basic dip*	*Serve with*
Avocado (guacamole) (see Notes)	(Delete cream cheese; reduce sour cream to 8 oz) 1 lb 8 oz avocado pulp 1 Tbsp lemon juice 3 oz onion, finely chopped 2 Tbsp fresh cilantro, finely chopped ¼ tsp garlic powder 8 oz fresh tomatoes, diced	Tortilla chips Nacho chips
Blue Cheese	8 oz blue cheese, crumbled 1½ tsp lemon juice 1 Tbsp onion, finely chopped ½ cup buttermilk or milk	Crackers Fresh vegetables Chips
Creamy Herb	¼ cup fresh onion, finely chopped ¼ cup snipped fresh parsley ¼ cup chives, chopped 1 Tbsp Worcestershire sauce ¼ tsp garlic powder	Fresh vegetables
Creamy Onion	2 oz dry onion soup mix ½ oz snipped fresh parsley or chives	Chips
Dill	1½ Tbsp chopped onion 1 Tbsp dill weed 1½ tsp Beau Monde seasoning	Fresh vegetables
Italian	1½ oz dry Italian salad dressing mix ½ oz snipped fresh parsley	Fresh vegetables
Picante	(Delete sour cream; increase cream cheese to 2 lb) 8 oz salsa (see Notes) ¼ cup fresh cilantro, chopped 1 oz stuffed olives, chopped	Tortilla chips Nacho chips Fresh vegetables Spread for canapés
Seafood	8 oz cooked shrimp, clam, or crab, finely chopped 1 oz dry onion soup mix 2 oz chili sauce 1½ Tbsp horseradish	Crackers Toasted party bread

Summer Fruit	(Delete cream cheese) 8 oz brown sugar or honey 1½ tsp vanilla	Fresh fruit
Yogurt, Vegetable Yogurt, Fruit	see p. 529 see p. 528	Fresh vegetables Fresh fruit

Notes

- Chunky avocado dip may be made by deleting sour cream and using 2 lb cubed fresh avocados.
- More salsa may be added to Picante for a thinner dip.

LAYERED MEXICAN DIP

Yield: 50 portions or 3 14-inch platters *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Bean dip	4 lb (6 10½-oz cans)	
Avocado pulp Lemon juice Salt Pepper, black	3 lb 6 Tbsp 1 tsp 1½ tsp	Blend. Save for later step.
Sour cream Mayonnaise Taco seasoning	1 lb 8 oz 1½ cups 3¾ oz	Blend. Save for later step.
Tomatoes, fresh, diced Green onions, sliced Ripe olives, sliced Cheddar cheese, shredded	3 lb 9 oz 1 lb 4 oz 12 oz	

1. Spread 1 lb 5 oz bean dip on each of 3 14-inch round platters.
2. Spread 1 lb avocado mixture over bean dip layer.
3. Spread 12 oz sour cream mixture over avocado layer.
4. Sprinkle remaining ingredients over each platter in the following order: tomatoes, green onions, olives, and cheese. Chill quickly (within 4 hours) to below 41°F.
5. Serve with tortilla or nacho chips.

Approximate nutritive values per portion **Calories** 212

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 18 g	**28%**	**Cholest.** 14 mg	**5%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**12%**	**Calcium**	**10%**
Sat. Fat 5 g	**24%**	**Sodium** 787 mg	**33%**	Fiber 4 g	**15%**	**Vitamin C**	**13%**	**Iron**	**6%**
Protein 5 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Hold for service below 41°F. Discard partially used platters. Dip may be made a day ahead and kept below 41°F.
- Refried beans (½ recipe, p. 640) may be substituted for purchased bean dip.
- Salsa may be substituted for diced tomatoes, taco seasoning, and mayonnaise. Use 7½ cups salsa (2½ cups on each tray).

GUACAMOLE

Yield: 50 portions *Portion:* 2 oz

Ingredient	*Amount*	*Procedure*
Avocado Lime juice, freshly squeezed	12 (6 lb) ½ cup	Peel, pit, and dice avocados. Sprinkle lime juice on avocados. Stir lightly to mix.
Plain yogurt Ground cumin Hot pepper sauce Salt Pepper, ground black	1 cup 1 tsp 1 tsp ½ tsp ½ tsp	Mix yogurt and spices into avocado until well mixed.
Plum tomatoes, seeded and diced to ¼ inch Red onion, diced Fresh cilantro, chopped	2 lb (EP) 6 oz (EP) 1 oz (EP)	Stir tomatoes, onion, and cilantro into avocado mixture.
		Serve with tortilla chips or as a condiment.

Approximate nutritive values per portion **Calories** 100

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	13%	**Cholest.** 0 mg	0%	**Total Carb.** 6g	2%	**Vitamin A**	5%	**Calcium**	2%
Sat. Fat 1 g	7%	**Sodium** 38 mg	2%	Fiber 3 g	12%	**Vitamin C**	15%	**Iron**	4%
Protein 1.5 g				Sugars 1g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature below 41°F. Do not mix old product with new.

NACHOS

Yield: 50 portions *Portion:* 3½ oz sauce + 1 oz chips

Ingredient	*Amount*	*Procedure*
Shortening Onions, chopped	1 oz 3 oz	Sauté onions in shortening until tender.
Green chili peppers, chopped Tomatoes, diced, canned	6 oz 1 lb 8 oz	Add chilies and tomatoes to onions. Simmer for 15 minutes.
Chicken Stock (p. 598) Cumin, ground Garlic powder	2 qt 1 Tbsp 2 tsp	Add stock and seasonings. Bring to a boil. Reduce heat to medium.
Processed cheese, shredded	6 lb 10 oz	Add cheese to hot mixture. Stir until melted.
Cornstarch Water	3 oz ½ cup	Combine cornstarch and water to make a smooth paste. Add slowly to cheese mixture, stirring constantly. Cook and stir until mixture thickens. Turn heat to low.

Nacho chips	4 lb	Place 12 nacho chips on dinner plate.
Jalapeño peppers, sliced	8 oz	Using a 4-oz ladle, pour 3½ oz of sauce over chips. Garnish with sliced jalapeño peppers.

Approximate nutritive values per portion — **Calories** 424

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 29 g	44%	**Cholest.** 58 mg	19%	**Total Carb.** 26 g	9%	**Vitamin A**	24%	**Calcium**	42%
Sat. Fat 14 g	69%	**Sodium** 1138 mg	47%	Fiber 3 g	10%	**Vitamin C**	18%	**Iron**	5%
Protein 16 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- The sauce may be thinned with chicken broth.
- Canned cheese sauce may be substituted for scratch prepared cheese sauce. Add green chili peppers and diced tomatoes if desired.

Variation

- **Quick Nacho Sauce**. In a steam-jacketed kettle combine 2 oz chopped onion, 4 oz canned green chilies (diced), 1½ cups diced tomatoes, 1 qt water, 2 tsp ground cumin, 2 tsp garlic powder, ½ tsp dried cilantro. Bring to boil, reduce heat and simmer 15–20 min. Stir in 3 lb 12 oz shredded processed cheese. Stir until melted. Return temperature to 150°F.

PARTY CHEESE BALL

Yield: 50 portions *Portion:* 1½ oz

Ingredient	*Amount*	*Procedure*
Cream cheese, softened	1 lb	Mix all ingredients until smooth, using flat beater. Shape into two balls, 2 lb 4 oz each. Chill quickly (within 4 hours) to below 41°F.
Blue cheese, crumbled	1 lb 8 oz	
Sharp cheddar cheese, shredded	2 lb	
Onion, finely minced	3 oz	
Worcestershire sauce	1 tsp	

Approximate nutritive values per portion — **Calories** 154

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	20%	**Cholest.** 39 mg	13%	**Total Carb.** 1 g	0.3%	**Vitamin A**	12%	**Calcium**	21%
Sat. Fat 8 g	42%	**Sodium** 331 mg	14%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	1%
Protein 8 g				Sugars 0.5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Hold for service below 41°F. Discard partially used cheese balls.
- Ball may be rolled in chopped pecans, snipped fresh parsley, or paprika.
- Cheese mixture may be shaped into a long roll. After chilling, slice and serve on crackers or other canapé base.

SAUSAGE BALLS

Yield: 50 portions *Portion:* 2 balls
Oven: 350°F *Bake:* 20–25 minutes, both steps

Ingredient	*Amount*	*Procedure*
Pork sausage, bulk	2 lb	Form sausage into 100 1-inch balls, using a No. 70 dipper. Place on baking sheet. Bake at 350°F for 15 minutes. Drain on paper towels.
Cheddar cheese, grated Margarine, softened Flour, all-purpose Salt Paprika	1 lb 8 oz 12 oz ½ tsp 2 tsp	Combine cheese, margarine, flour, and seasonings in mixer bowl, using flat beater.
		Wrap 2 Tbsp (No. 70 dipper) of dough around each sausage ball. Place on ungreased baking sheet. Bake at 350°F for 8–10 minutes. Serve hot, above 140°F.

Approximate nutritive values per portion **Calories** 145

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	17%	**Cholest.** 21 mg	7%	**Total Carb.** 6 g	2%	**Vitamin A**	4%	**Calcium**	7%
Sat. Fat 4 g	21%	**Sodium** 296 mg	12%	Fiber 0.2 g	1%	**Vitamin C**	0%	**Iron**	3%
Protein 6 g				Sugars 0.3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Balls may be frozen after wrapping with dough. Bake while still frozen at 400°F for 12–15 minutes.

Variation

- **Cheese Olive Puffs.** Wrap dough around large stuffed green olives. Bake same as for Sausage Balls.

HOT BARBECUED WINGS

Yield: 50 portions *Portion:* 6 wing pieces
Oven: 400°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Barbecue Sauce (p. 567) Pepper, red, crushed	1¼ qt 1 tsp	Mix barbecue sauce and crushed red pepper.
Chicken wings, split, tip removed	20 lb	Pour barbecue sauce over chicken wings and stir to coat evenly. Place chicken wings on a lightly greased rack that is set inside a baking pan. (Wings should not touch.) Bake at 400°F for 10 minutes. Remove from oven and brush with barbecue sauce. Bake another 10–15 minutes until browned and internal temperature is 170°F. Remove from oven and serve. Additional heated barbecue sauce may be poured on wings before service. (Do not use the barbecue sauce that was used to sauce the raw wings.)

Approximate nutritive values per portion **Calories** 384

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	**23%**	**Cholest.** 156 mg	**52%**	**Total Carb.** 3 g	**1%**	**Vitamin A**	**5%**	**Calcium**	**2%**
Sat. Fat 4 g	**20%**	**Sodium** 316 mg	**13%**	Fiber 0.2 g	**1%**	**Vitamin C**	**3%**	**Iron**	**12%**
Protein 55 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.
- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Cajun Wings.** Seasoned chicken wings with Cajun Seasoning (p. 592). Serve with a Blue Cheese or Barbecue Sauce (p. 567) or bottled hot pepper sauces.
- **Sweet and Sour Wings.** Substitute Sweet and Sour Sauce (p. 577) for Barbecue Sauce.

SHRIMP PEEL

Yield: 50 portions *Portion:* 2 oz

Ingredient	*Amount*	*Procedure*
Water Lemon juice Lemons, quartered Allspice, whole Bay leaves Pepper, cayenne Cloves, whole Coriander, ground Dill weed Mustard seed Parsley, dried Salt	3¾ qt ½ cup 2 lemons 1 Tbsp 8 leaves 2 tsp 1 Tbsp 1 tsp 2 tsp 2 tsp 3 Tbsp 1 Tbsp	Bring water, lemon juice, lemons, and seasonings to a rolling boil in steam-jacketed or large kettle.
Shrimp, thawed (medium to medium large)	7 lb	Add shrimp and bring to a full rolling boil. Cook only until shrimp turn pink, approximately 3 minutes. Remove from heat and drain immediately. Chill quickly (4 hours or less) to below 41°F. (See p. 44 for cooling procedures.) To serve, arrange shrimp on top of shaved ice. Serve with Cocktail Sauce on p. 575. Garnish with lemon wedges and fresh herbs.

Approximate nutritive values per portion **Calories** 71

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	2%	**Cholest.** 96 mg	32%	**Total Carb.** 1 g	1%	**Vitamin A**	3%	**Calcium**	4%
Sat. Fat 0 g	0%	**Sodium** 225 mg	9%	Fiber 0 g	0%	**Vitamin C**	6%	**Iron**	9%
Protein 13 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature below 41°F.
- Frozen unthawed shrimp may be used. Stir after adding to boiling water.
- Shrimp may be served hot.
- A commercial shrimp boil may be substituted for spices.

TOMATO, BASIL, AND CHEESE PINWHEELS

Yield: 50 portions *Portion:* 2 pinwheels

Ingredient	*Amount*	*Procedure*
Cream cheese	3 lb	Soften cream cheese to room temperature. Place in mixer bowl.
Parsley, minced Basil, minced Thyme, minced Rosemary, finely minced Garlic, minced Rehydrated dried tomatoes, minced Pimento, diced (well drained) Black olives, coarsely chopped or thinly sliced (well drained)	4 oz 2 oz ½ oz ½ oz 1 Tbsp 6 oz 4 oz 4 oz	Add fresh herbs, garlic, tomatoes, pimento, and black olives to softened cream cheese. Mix until well blended.
Flour tortillas, 12 inch	10	Place tortillas on work surface. Smooth 6 oz cream cheese mixture over tortillas. Roll very tightly (as for a jelly roll) to create a pinwheel effect. Cover and refrigerate until well chilled, 4–6 hours.
		Cut off ends of tortilla roll and discard. Portion remaining roll into 10 slices per roll.

Approximate nutritive values per portion **Calories** 150

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 11 g	**17%**	**Cholest.** 30 mg	**10%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**13%**	**Calcium**	**5%**
Sat. Fat 6 g	**31%**	**Sodium** 208 mg	**9%**	Fiber 1 g	**4%**	**Vitamin C**	**11%**	**Iron**	**7%**
Protein 3.6 g				Sugars .5g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature below 41°F.

FOCACCIA WITH HERB CHEESE SPREAD

Yield: 4 Focaccia rounds with spread

Ingredient	*Amount*	*Procedure*
Focaccia	Recipe p. 142	Prepare Focaccia.
Nonfat cream cheese, softened Low-fat sour cream Low-fat mayonnaise	2 cups 1½ cups ¼ cup	Combine cream cheese, sour cream, and mayonnaise in a mixer bowl. Beat on low speed until smooth.
Parmesan cheese, freshly grated Basil, fresh, chopped Chives, fresh, minced Garlic, minced Pepper, black	3 oz ⅓ cup ⅓ cup ½ tsp ½ tsp	Add cheese, herbs, and pepper. Mix until just combined.
		Spread 6–8 oz of spread on top of Focaccia rounds and broil 6 inches from heat until spread melts (1–2 minutes). Cut into narrow strips or wedges. Serve warm.

Approximate nutritive values per loaf — **Calories** 2158

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 100 g	**154%**	**Cholest.** 50 mg	**17%**	**Total Carb.** 242 g	**81%**	**Vitamin A**	**70%**	**Calcium**	**88%**
Sat. Fat 12 g	**59%**	**Sodium** 2759 mg	**115%**	Fiber 9 g	**35%**	**Vitamin C**	**4%**	**Iron**	**74%**
Protein 61 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Serve within 2 hours after heating cheese topping. If not used within 2 hours, refrigerate at below 41°F, or discard.
- Serve as an appetizer or as an accompaniment to soup or salad.